

**Is a coronavirus test required?**

Travellers coming from high-risk areas must provide a certificate of a negative COVID-19 test taken less than 72 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes. Some exceptions may occur as well.

**Is a quarantine required?**

All travellers entering Norway from countries or regions that are defined as high-risk areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway, as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during the quarantine period, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

**Map with risk classification**

If you arrive from a "low-risk" (green or yellow) area, you are exempt from quarantine. If you arrive from a "high-risk" (red or striped) area, a 10-day quarantine is mandatory. Striped areas are not evaluated or there are insufficient data about the infection rates.

Find out more:
https://www.fhi.no/en/

**Remarks from the International Road Transport Union**

04.01.2021

Coronavirus (COVID-19) outbreak: New testing and registration rules in Norway

New measures have been introduced in Norway relating to the registration of persons entering the country. Mandatory testing has also been introduced.

1) **Registration for people entering the country:**

- Every person, including professional drivers, entering Norway should register. More information can be found here.
- The registration form in several languages can be found here.
- It should be noted that persons sleeping in the vehicle must also register. It is sufficient to give the postal code of the place where the vehicle is stationed. The postal codes can be found here.

2) **Obligatory testing of travelers:**

- All people entering Norway should be tested. There are some exceptions from mandatory testing. Children under the age of 12 do not need to be tested. Personnel with critical social functions, border commuters, long distance drivers and diplomats are others that are exempted.
- There are about 110 approved border stations to Norway. They are all open, but several have reduced their operating hours, and several are without police control. Border stations might be closed in order to channel travellers to border stations with both police and health care personnel or border stations with police control. – I will decide which border stations to close and which groups can be exempted so that they can still use closed border stations, says Mæland.
- Through the media the governments have said that freight transport will go as normal over the border stations.
- Read more: https://www.regjeringen.no/en/aktuelt/mandatory-testing-for-travellers-to-norway/id2826415/

3) **Updated quarantine rules:**


Source: NLF

19.06.2020

As from 19 June, mandatory quarantine in Norway has been reduced from 14 to 10 days. This reduction applies to people travelling for work reasons and tourists that come from the following countries: Finland (including Åland), Denmark, Iceland, Greenland, The Faroe Islands and Svalbard. Due to the situation in Sweden, travellers from Sweden (except from Gotland) still have to quarantine for 10 days.

For work-related travel from countries outside the Nordic countries, 10 days of quarantine upon entry applies. People whose work is strictly necessary to maintain the proper operation of critical social functions, or to meet the basic needs of the population (including freight and passenger transport drivers) are exempt from the provision.

Members should be aware that drivers are exempted from quarantine in case they are travelling between their place of residence and their place of work, and during the time they are employed. During their spare time, quarantine is compulsory.

More information can be found here.

Source: NLF

19.05.2020
What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

Specific measures for the new variant of coronavirus

Norway has announced additional restrictions on travel to/from the UK until 27 December with the possibility of a further extension into 2021. For more information, see the information from the Norwegian government, as well as from the Norwegian Directorate of Immigration. In addition to existing restrictions, until 10 January travellers from the UK will be required to:

- Take a PCR test within 24 hours of arrival and a second test no earlier than 7 days after arrival
- Register on arrival
- Notify your local municipality where you are staying

All those who have travelled to Norway in the last 14 days are asked to immediately take another PCR test and to inform the municipality where they are staying.

See also:
Commission adopts Recommendation on EU coordinated approach to travel and transport in response to a new variant of coronavirus in the UK (22 December 2020)

All travellers entering Norway from countries or regions that are defined as high transmission areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during quarantine, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Map with risk classification

If you arrive from a "low-risk" (green or yellow) area, you are exempt from quarantine.
If you arrive from a "high-risk" (red or striped) area, a 10-days quarantine is mandatory. Striped areas are not evaluated or there are insufficient data about the infection rates.

Furthermore, people coming from high-risk or striped areas must provide a certificate of a negative COVID-19 test taken no more than 72 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes. Some exceptions may occur as well.

Find out more:
https://www.fhi.no/en/

May I transit this country?

As from 14 May, the relaxations of driving and rest time rules have ceased to apply in Norway. The government decided not to prolong them, therefore drivers operating in Norway should comply with the original provisions.

Source: NLF
04.05.2020

In an effort to reduce the spread of the coronavirus (Covid-19), the Norwegian border control measures will be extended for 90 days, after 15 May.

The current measures in place involve the posting of police and military employees at border stations in order to control persons crossing the borders.

It is important for truck drivers to have their passport and driving license readily available when crossing the border.

Source: NLF
16.04.2020

On 15 April, rules on driving and rest times were relaxed in Norway. Relaxations will apply only for freight transport operations until 24:00 of 13 May and are as follows:

- The daily driving time is extended from 9 hours to 11 hours.
- Maximum weekly driving time raised from 56 hours to 58 hours.
- Maximum fortnightly driving limit raised from 90 hours to 96 hours.
- Reduction of the daily rest from 11 hours to 9 hours.
- A weekly rest of a minimum of 24 hours must be followed by a weekly rest of 45 hours, meaning a reduced weekly rest is allowed every other week. The reduced weekly rest does not have to be compensated.

Source: NLF
26.03.2020

On border crossings between Norway and neighbouring countries, controls and prioritisation of goods are the following:
Yes

Transit is possible for citizens of EU Member States plus Schengen Associated countries. For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine.

General measures

What measures apply in your local area?

Health cover for temporary stays

Use of facemasks

The use of masks is not required in public. However, when travelling by plane, airline companies require all passengers to wear masks. More in depth, the use of face masks is recommended when travelling by public transport to, from and within Oslo as well as for public transport in the Indre Østfold Region (Indre Østfold, Marker, Rakkestad, Skiptvedt municipalities) when there are many people on board and it is impossible to keep a 1 metre distance from others. In certain situations, stricter rules could be in place and wearing of facemasks can become compulsory.

In areas characterized by a higher epidemiological risk, further restrictions may apply and the use of face masks is mandatory on public transport to/from and within the region as well as inside public places such as shops and malls where it is not possible to keep a distance of one metre from other people. The use of face masks becomes mandatory also in establishments serving food or alcohol such as restaurants, cafes, bars, pubs, nightclubs etc. This applies to both employees and guests in all situations except when seated at a table.

Find out more:

Further instructions on face masks

Physical Distancing

On 05.11.2020, the Government recommended to everyone to stay at home and limit social contact with other people as much as possible.

Physical distance of at least 1 metre is required (and more if and where possible).

To know more:

Life in the time of COVID-19

Social distancing to prevent transmission

- Goods transport to and from Norway is not restricted in any way.
- There are no extra queues reported at Norwegian border crossings.
- In addition to the standard customs procedures, the border control has been reinforced by representatives from the police and the army. Their main task is to check the identity of drivers (passport, driving licences, etc.).
- Prioritisation of goods: Companies who had previous arrangements with the Customs Directorate had some advantages related to customs procedures, but these advantages do not apply currently. There is an express customs procedure in place, but only at one border station. In general, there have been no new changes of priorities when it comes to border crossing.
- Normally border crossings for trucks on the Norwegian-Swedish and Norwegian-Finnish border are quick and efficient compared to most other countries. There has been no substantial change to this pattern since the outbreak of the Covid-19 virus.
- The exception is the Norwegian-Russian border which is currently closed.
- Norwegian quarantine provisions: These have not changed - everyone who enters the country must be in quarantine for 2 weeks, except for truck drivers who come by car and for truck drivers who come to work. Truck drivers can work, but must follow the quarantine rules when he/she is not working (in addition to all other measures to prevent infection).

Source: NLA
20.12.2020

Additional restrictions on travel to/from the UK are in place for 48 hours from 21 December. These restrictions may be extended. For more information, see the information from the Norwegian government.

May I transit this country?

Yes

Transit is possible for citizens of EU Member States + Schengen Associated countries.

For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine.

From an EU Member State or Schengen Associated Country, may I enter this country without being subject to extraordinary restrictions?

Entry from EU Member States and Schengen Associated countries is allowed without restrictions only from countries or regions that are not defined as high transmission areas. The Norwegian Institute of Public Health provides a map of affected areas, which is updated regularly.

All travellers entering Norway from countries or regions that are defined as high transmission areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during quarantine, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

All travellers entering Norway from countries or regions that are defined as high transmission areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during quarantine, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Map with risk classification

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Striped areas are not evaluated or there are insufficient data about the infection rates.
Furthermore, people coming from high-risk or striped areas must provide a certificate of a negative COVID-19 test taken no more than 72 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes. Some exceptions may occur as well.

Find out more: https://www.fhi.no/en/

07.12.2020

Entry Restrictions

Entry from EU Member States + Schengen Associated countries is allowed without restrictions, unless a country or region is defined as high transmission area. The Norwegian Institute of Public Health provides a map of affected areas, which is updated regularly.

All travellers entering Norway from countries or regions that are defined as high transmission areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during quarantine, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Rules and Exceptions

Map with risk classification
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Transit

Transit is possible for citizens of EU Member States + Schengen Associated countries. For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

Third country nationals
All travellers entering Norway from countries or regions that are defined as high transmission areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during quarantine, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

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Furthermore, people coming from high-risk or striped areas must provide a **certificate of a negative COVID-19 test** taken no more than 72 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes. Some exceptions may occur as well.

**Mandatory Travel Documentation**
No additional documentation is required.

**Find out more:**
https://www.fhi.no/en/

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18.08.2020

**Travelling to Norway**
Anyone arriving in Norway from abroad shall be in quarantine for 10 days, with the exception of specified countries in Europe with sufficiently low transmission.

The **updated map** showing areas affected by quarantine upon arrival in Norway is available on the Norwegian Institute of Public Health website.

**Travelling from Norway or returning to Norway**
The Ministry of Foreign Affairs **advises against all travel abroad that is not strictly necessary.**

**Rules and Exceptions**
The requirements for quarantine do not apply to travellers who are resident in countries in the EU/EEA/Schengen area with fewer than **20 cases per 100,000 inhabitants** during the last two weeks, and fewer than **5 per cent positive tests on average** per week over the last two weeks. In addition there is a comprehensive assessment of the countries, based on trends in infection rate and other relevant information. Assessments are made on a regional level when it is possible.
**Map with risk classification**

In "green" areas transmission is considered to be lower and quarantine is not required upon arrival in Norway (currently, no countries are marked as green).

If you arrive from a "yellow" area, you are exempt from quarantine.

If you arrive from a "red" area, quarantine is mandatory.

If you arrive from a "grey/red" area, quarantine is mandatory. Striped areas are not evaluated or there are insufficient data about the infection burden.

**Find out more:**

https://www.fhi.no/en/

**Documents you need to travel in Europe**

Source: https://reopen.europa.eu/en/map/NOR

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**Source: WCO/Norwegian Customs**

30.03.2020

The English version of the Norwegian Customs website (https://www.toll.no/en/) includes a section with frequently asked questions (FAQ) regarding the COVID-19 pandemic:

**FAQ regarding COVID-19**

The information on the website will be updated continuously.

For questions relating to travel and other measures taken against the spread of COVID-19, please visit the Norwegian Institute of Public Health’s homepage at www.fhi.no.

If you have any questions about customs clearance, please call our information centre on (+47) 22 86 03 12.

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**Quarantine for 14 days for everyone coming from outside the Nordic countries. (12.03.2020)**

In addition, the Norwegian Institute of Health encourages everyone to avoid journeys that are not strictly necessary (both domestic and international).

Start date: 12.03.2020

End date: 26.03.2020

Source: European Commission

Information about travel restrictions and impact on transport

norway_iceland_li...stein_covid19.pdf

Further information:
https://ec.europa.eu/transport/sites/transport/files/norway__

Source: https://ec.europa.eu/transport/coronavirus-response_en